

# Heart Attack Predictable, Says Dr.

Seventeen years of studying heart disease have led Dr. Herman K. Hellerstein to believe it is possible to "predict who will have heart attacks many years before they actually happen."

Dr. Hellerstein, Associate Professor of Internal Medicine at Western Reserve University, and his associates have surveyed such diverse groups as lawyers, industrial workers and newspaper, radio and television employees.

From these studies has evolved a list of distinguishing features which he believes mark men who measure up to them as most likely candidates for heart attacks, he said.

Characteristics include a family history of heart disease, heavy cigarette smoking, elevated blood fats and blood pressure, stocky body build, overweight, tendency to early baldness and tendency to early graying. (Not all characteristics are of equal significance).

The Cleveland heart specialist cited a study in which 190 persons in one company were categorized on the basis of this personal information.

Of the 32 rated most likely

candidates for heart attack, 20 did suffer heart attacks and eight had less serious seizures. Four remained healthy over a four-year period.

Dr. Hellerstein's theory of predictability was expounded recently at a meeting in Minneapolis of the American Trial Lawyers Association. He had comforting news for them in their work.

The study among lawyers sought to ascertain whether those in court room work suffered more heart attacks than attorneys in other fields.

"We found that stress and strain of one's job has very little or nothing to do with heart attacks," Dr. Hellerstein said. "What is important are the other factors I've cited."